

# Coaching and Modelling

Provide a model by being prepared to talk about your own feelings

Talk about your own emotions and how you manage them. This helps the young person to see that everyone feels a certain way sometimes. E.g. 'I am worried about giving a presentation at work. I am going to practice it, and do some breathing before I go in.'

Be available and present to listen

Schedule in 'talk time' at a time of the day when your young person feels comfortable and is well regulated. Listen carefully to them and validate their feelings.

Support your child to learn and apply regulation strategies

Develop a calm kit/toolbox of resources that your young person can use to help them to regulate. Introduce and model breathing exercises. Use distraction techniques when emotions become heightened. Model how you relax and calm.

Make it clear that all emotions are okay

Make it clear that all emotions are okay: 'It's okay to feel angry about X, but what we do with our emotions might not always be okay, so we need to learn how to control our response to strong feelings.'

Regular check-ins  
Verbally and using messages 😊

Use brief emotional check-ins. You could use:

- Thumbs up/down
- Check in via a whatsapp emoji
- Emotions fan
- Visual emotions chart
- Asking them how they feel

Reframe 'thinking errors'

If your young person has made a mistake or done something 'unexpected' try to spend a little time later (when they are calm) to help them chart how they felt and how others felt during the period leading up to the problem, how that affected their actions and what they could do differently next time.

